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International

- Group & Class Discussion Procedure
- Metta Sutta, Here I live
- Five Wonderful Mindfulness Training
- Four Immeasurable Minds

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Great Vehicle Vows of Reverence

In the Buddhas, the Dharma, and the Noble Sangha,
诸佛正法贤圣僧，

I take refuge until enlightenment.
直至菩提永皈依，

By the merits I cultivate and accumulate,
我以所修诸善根，

I vow to attain Buddhahood to benefit all beings
为利有情愿成佛。

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Group Discussion Procedure:

1. Opening with The Great Vehicle Vows of Reverence and Metta Chanting (10 min)
    - Begin with a guided listening session of Metta chanting to cultivate a calm and compassionate atmosphere.
2. Summary of Study Material (5 min)
    - Provide a brief summary of the study material, highlighting key themes.
3. Guided Discussion (80 min)
    - Invite participants to take turns answering reflective questions.
    - Encourage mindful listening and engagement in a respectful and supportive manner.
4. Mutual Appreciation (5 min)
    - Participants express appreciation for each other's insights, contributions, or efforts in the discussion.
5. Preparation for the Next Session (5 min)
    - Provide guidance on how to study and prepare for sharing in the following week's discussion.
6. Closing with the Four Immeasurable Minds (5 min)
    - Conclude by reciting the Four Immeasurable Minds (Loving-Kindness, Compassion, Appreciative Joy, and Equanimity) together as a way to internalize and embody the practice.

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Class Discussion Procedure

1. Opening: Recite the Great Vehicle Vows of Reverence and Metta Chanting
The designated host begins the session by playing the *Metta Chanting* audio.

2. Teaching Summary (10 minutes total)
The host provides a brief summary to help everyone anchor in the teachings:
    3 minutes: Recap of last week's teaching
    7 minutes: Overview of this week's teachings

3. Sharing Session
    The host invites classmates to share insights or raise questions. (5 mins each)
    The host models an example of reflective sharing

4. Exchange Session
    The class facilitator then guides an open, inclusive discussion.
    The facilitator wraps up this part with a brief conclusion or takeaway.

4. Recitation: The Five Wonderful Mindfulness Trainings
All students recite the Five Trainings together as a reaffirmation of practice.

5. Announcements & Next Topic
The host or facilitator announces next week's discussion topic and any class-related updates.

6. Recitation: The Four Immeasurables
As a closing aspiration, the group recites the *Four Immeasurables* together.

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Tips on 5-min Class Sharing

When preparing your 5-minute sharing, follow the following frameworks:

1. Official Framework (Eight Steps and Three Meditations method)

a) Share your understanding of this week's Dharma teachings (1–2 mins).
Which are the key Dharma points that you'd like to reflect on.

b) Share your personal insights: how did you apply the teachings in daily life?
After thoroughly reading/watching and internalizing this week's study materials, how did they help you reflect on yourself and what new realizations did you have? (3–4 mins).

c) Raise questions: bring up any areas you're unclear about or challenges in applying the Dharma for group discussion.

2. Alternative Framework (Black & White Cards method)

a) Black Card: briefly state a mistaken view or negative mindset you've held.
Describe in a few lines, no storytelling here. :)

b) Transformation into White Card: explain how this week's Dharma point helped you reframe a right view and adopt a positive mindset.
After thoroughly reading/watching and internalizing this week's study materials, how did they help you reflect on your black card, and what new realizations did you have? (3–4 mins).

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Click the box below for the English version of the Metta

Click the speaker icon below for the Pali version of the Metta

Click the speaker icons for *Here I live*

Bamboo flute version

Choral version

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Five Wonderful Mindfulness Training

1.To abstain from killing living creatures

Aware of the suffering caused by the destruction of life, I am committed to cultivating compassion and learning ways to protect the lives of people, animals, and plants. I am determined not to kill, not to let others kill, and not to support or rejoice in any act of killing in the world, in my thinking, or in my way of life.

2.To abstain from taking what is not given

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to cultivating loving-kindness and learning to support the well-being of humans, animals, and plants. I will practice generosity by sharing my time, energy, and material resources with those who are in need. I am determined not to steal and not to possess anything that should belong to others. I will respect the property of others, but I will prevent others from profiting from human suffering or the suffering of other people on Earth .

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3.To abstain from lying

Aware of the suffering caused by unmindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening to bring happiness to others and relieve their suffering. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. I am determined not to spread uncertain news, condemn what I do not fully understand, or speak in ways that may cause division, discord, or harm to families and communities. I will make every effort to mediate and resolve conflicts, no matter how small they are.

4.To abstain from engaging in sexual misconduct

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. I am determined not to engage in sexual relations without mutual consent, true love, and a deep, long-term commitment. To safeguard my happiness and that of others, I resolve to honor commitments made to myself and others. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct.

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5.To abstain from intoxicants

Aware of the suffering caused by unmindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family, and my society by practicing mindful eating, drinking, and consuming. I am committed to absorbing only those things that benefit my personal, my family' s, and the public' s well-being and harmony. I am determined not to consume alcohol, drugs, or any other products that contain toxins, such as certain TV programs, magazines, books, films, and conversations. I understand that using these intoxicants to harm my body and mind is a betrayal to my ancestors, parents, society, and future generations.

I will practice the Five Beliefs for Healthy Living that apply both to individuals and society to transform violence, fear, anger, and chaos within myself and the world around me. I understand that to change myself and the world, a proper code of precepts is essential.

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Four Immeasurable Minds

May all beings enjoy happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings enjoy the supreme happiness, feeling joyful in body and mind.

May all beings abide in equanimity, free from attachment and aversion.

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THANK YOU!